

235.09

Fully Breastfeeding (Up to 1 Year)

Introduction

This food package is called Food Package VII in the federal regulations. It is issued to the following four groups of women:

- Fully breastfeeding women whose infants do not receive formula from WIC,
- Women pregnant with two or more fetuses,
- Women fully or partially (mostly) breastfeeding multiple infants from the same pregnancy, and
- Pregnant women who are also partially (mostly) breastfeeding.

Contents

The contents of the food package are listed in the table below.

Food Category	Amount
Juice, single strength	144 oz.
Milk, fluid	24 qt.
Breakfast cereal	36 oz.
Cheese	1 lb.
Note: This is part of the standard package; it is not a substitution for milk. This cheese cannot be replaced with other milk products.	
Eggs	2 dozen
Fruits and vegetables	11.00
Whole wheat bread or whole grain options	1 lb.
Fish (canned)	30 oz.
Legumes, dry	1 lb.
Peanut butter	AND 18 oz.

Notes:

- These groups of women will receive FIs for 1% low fat or fat-free skim milk.
- Women fully breastfeeding multiple infants are prescribed 1.5 times the maximum allowances listed above.

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Substitution rates

Food	Allowance
Soy-based beverage	May be substituted for milk on a quart for quart basis up to the total maximum allowance for milk.
Tofu	May be substituted for milk at a rate of 1 pound of tofu per 1 quart of milk.
Cheese	May be substituted for milk at a rate of 1 pound of cheese per 3 quarts of milk. No more than 2 pounds of cheese may be substituted for milk and additional amounts of cheese beyond these maximums are not allowed even with medical documentation
Yogurt	May be substituted for milk at a rate of 1 quart of yogurt for 1 quart of milk. No more than 1 quart of yogurt may be substituted and additional amounts of yogurt beyond these maximums are not allowed even with medical documentation.

Note: No more than a total of 6 quarts of milk may be substituted for a combination of cheese, yogurt or tofu.

Issuance of soy-based beverage and tofu

Issuance of soy-based beverage and tofu as substitutes for milk must be based on an individual nutrition assessment by a CPA and consultation with the participant's health care provider if necessary. Such determination can be made for situations that include, but are not limited to milk allergy, lactose intolerance, and vegan diets.

Assessment information and determination of need must be documented in the participant care plan.

Note: Due to the requirement for the determination of need for soy-based beverage and tofu, participants receiving these products must have these products specifically listed on their food benefits. Also, due to how the data system works, participants receiving other forms of milk (evaporated, lactose-free, goats, sweet acidophilus, nonfat dry) must have these products specifically listed on their food benefits. Only the types and forms of milk listed on the participant's food benefits can be purchased.

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Milk substitutions

Food	Substitution rate	Maximum
Cheese	1 lb. = 3 qt. milk	1 lb. in standard package 2 lbs. (6 qt.)
Soy beverage	1 qt. = 1 qt. milk	24 qt.
Tofu	1 lb. = 1 qt. milk	24 lb
Yogurt	1 quart	1 quart

Provide full allowance of milk

When a combination of different milk forms is provided in the food package, the full maximum monthly allowance of milk must still be provided. Examples of food packages with the equivalent of 24 quarts of milk are listed below:

- 1 lb. cheese + 6 gallons milk
- 2 lb. cheese + 5 gallons milk + 1 qt. milk
- 2 lb. cheese + 5 gallons milk + 1 qt. yogurt
- 1-8 qt. box dry milk + 1 lb. cheese + 4 gallons milk
- 1-8 qt. box dry milk + 2 lb. cheese + 3 gallons milk + 1 qt. milk
- 1-8 qt. box dry milk + 2 lb. cheese + 16-12 oz. cans evaporated milk + 1 qt. milk
- 4 lb. tofu + 4 qt. soy beverage + 8 half gallons lactose free milk + 1 lb. cheese

Note: Remember that 1 lb. of cheese is part of the standard food package so this pound of cheese is not a substitution for milk. This cheese cannot be replaced with other milk products. Also, it must be explained to participants that if they choose to purchase a 24 oz. container of yogurt instead of a 32 oz. container, they will not receive the full nutritional benefit of milk.